

Govt. College for Women Hisar

Lesson Plan

Class – BA 3rd year (5thsem)

Teacher – Dr. Anju Chaudhary

Subject – Home Science

Paper – Foods and Nutrition

Session – 2020 - 2021

Sr. No.	Month	Topic
1.	Sept. 2020	Food: Functions of food and classification
2.	Oct. 2020	Essential food constituents – carbohydrates, protein, fats, vitamin, minerals
3.	Nov. 2020	Water, dietary fiber
4.	Dec. 2020	Principles and methods of cooking Advantages of cooking food Effects of cooking food on different nutrients Methods of enhancing nutritive value of food
5.	Jan. 2021	Meal planning Concept of balance diet Principles of meal planning Factors affecting it Meal planning for different age groups
6.	Feb. 2021	Pregnant and lactating mother Introduction to therapeutic nutrition Planning diet for- typhoid fever, diarrhea, constipation, diabetes, high blood pressure
7.	March 2021	Food Preservation- importance of food preservation, causes of food spoilage, principles of food preservation, methods of food preservation with special emphasis on household methods

Govt. College for Women Hisar

Lesson Plan

Class – BA 1st year (1stsem)

Teacher – Dr. Anju Chaudhary

Subject – Home Science

Paper – Family Resource Management

Session – 2020 - 2021

Sr. No.	Month	Topic
1.	Nov. 2020	Resource Management Family Resources
2.	Dec. 2020	Money Management
3.	Jan. 2021	Energy management
4.	Feb. 2021	Time management Work Simplification
5.	March 2021	Consumer education